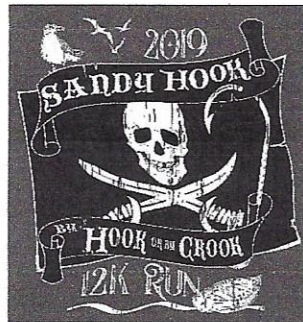
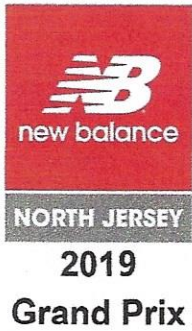


**Sunday - September 8, 2019**  
**Sandy Hook National Park - Atlantic Highlands, NJ**



**On Site Pack Pick Up Opens: 6:45am - 12k Race Start Time: 9:00am - Awards: 11:15am**  
**Registration, Race check-in and Parking at Parking Lot E**

<b>Pre-Entry received by July 15th:</b>	<b>Pre-Entry received by September 4th:</b>	<b>Day of Registration</b>
<b>USATF-NJ Members: \$43</b>	<b>USATF-NJ Members: \$48</b>	<b>All Participants: \$65</b>
<b>All Others: \$48</b>	<b>All Others: \$53</b>	<b>OFF SITE REGISTRATION ONLY- 7:00am</b>
		<b>"OFF THE HOOK" PARKING LOT, CUT OFF 8:00am</b>
		<b>ADDRESS :1 NJ-36, HIGHLANDS, NJ 07732</b>

**Online Registration:** <https://www.raceforum.com/hook>

Fast and Flat course through Historical Sandy Hook National Park!

5-Year Age Groups for Awards - 14yrs to 85+ ----- For More Info Call: (973) 334-8900

**Check or Money Order MUST accompany entry form - Mail entries and make payable to:**  
**USATF-NJ 12k, 150 River Road, Suite N-3, Montville, NJ 07045**

**Last Name:** \_\_\_\_\_ **First Name:** \_\_\_\_\_ **Gender:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**Town/City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_ **Age on Race Day:** \_\_\_\_\_

**2019 USATF-NJ#:** \_\_\_\_\_ **Telephone:** \_\_\_\_\_

**Email:** \_\_\_\_\_ **SHIRT SIZE** \_\_\_\_\_

In consideration of accepting this entry I hereby waive and release all rights and claims from damages I may have against, USA Track & Field, Inc., the New Jersey Association of USA Track & Field, Inc., New Balance North Jersey, the United States, its agents and employees shall be free from all liabilities and claims for damages and/or suits for or by reason of any injury, injuries, or death to any person or persons or property of any kind whatsoever, whether to the person or property of the (Permittee/Grantee), its agents or employees, or third parties, from any cause or causes whatsoever while in or upon said premises or any part thereof during the term of this agreement or occasioned by any occupancy or use of said premises or any activity carried on by the (Permittee) in connection herewith, and the (Permittee) hereby covenants and agrees to indemnify, defend, save and hold harmless the United States, its agents, and employees from all liabilities, charges, expenses and costs on account of or by reason of any such injuries, deaths, liabilities, claims, suits or losses however occurring or damages growing out of the same.

\_\_\_\_\_  
**Signature (Parent or Guardian if under 18 years old)** \_\_\_\_\_  
**Date**